

A Gift of Time



Ever wondered how the Peripheral Blood Stem Cell (PBSC) donation process is like? For this issue of Ambuzzador, we want to share an inspiring story from our donor who went through the donation and saved a patient's life.



Junhao (right) receiving a thank you tote bag from the BMDP CEO (left)

If there was a gift you could give to an absolute stranger, what gift would that be? For Junhao, he chose to give the gift of time.

“

“If I am the last hope he’s got to create more beautiful moments with his loved ones that’s not too much to ask from me, is it?”

”

All packed and ready to go for a trip to the United States, Junhao received the most unexpected email that would change his life from that point forward. He was a potential match for a patient.

The one email that would change Junhao's life forever.

Junhao's journey began years ago. He first joined the register in 2015 by simply signing up online for a postal swab kit to be sent to his home. He was inspired and motivated after learning about a family friend's journey with BDMP as a donor. Little did he think that his decision to do a cheek swab and put his name on the register would result in him being found as a match to a patient seeing how low the odds were.

His Challenges and the Final Hurdle

Donating his blood stem cells was a little more complicated for Junhao due to a pre-existing medical condition. He had to shuttle between his own medical doctor and the collection physician to ensure that the procedure posed no risk to his own health. Junhao was determined to see the process through and had the support of his fiancée, family and friends. After a period of waiting, Junhao finally received the good news – the green light from both doctors to proceed.

Ready, get set, go!

Junhao chose the Peripheral Blood Stem Cell Collection method (PBSC), the most commonly used method for bone marrow donation where blood stem cells are retrieved from the donor's bloodstream. To donate using this method, he had to prepare his body by administering a Granulocyte-colony stimulating factor (GCSF) which would cause his bone marrow to overproduce blood stem cells and mobilise them into his bloodstream.



The number of injections to administer is dependent on the donor's size. For Junhao, he needed to take two jabs a day because of his build. He brought the GCSF doses to work and went to see a General Practitioner to help him administer the jabs in the morning. The main side effect he felt prior to his donation was a dull ache in his body and bones.

By the day of collection, he was ready!



“On my left arm is ‘blood back into my body’. On my right arm is where the blood's drawn out, like a circuit, it goes into a large centrifuge machine which sounded like a washing machine, the stem cells, plasma, blood and water gets separated.”

It was an interesting and intriguing process. For the next 7 hours, it was movies and the machine. By the end of the collection, he had successfully donated 400ml of his blood stem cells.

Treat & Treeeeeatss!



Dinner for the day: Teochew Seafood Soup and Caesar Salad

"I was given 3 days of medical leave. The aches went away almost immediately after the harvesting (collection) and within 2 days, I felt good and went cycling!"

Thanks to the support rendered by his fiancée, family, friends and colleagues, Junhao did exactly what he endeavoured to do at the beginning of this journey – give someone the hope of a tomorrow. 😊

Such an inspiring story should be shared to all! As a messenger of hope, you have the power to spread the word! Invite us to your organisation and let's make a difference to patients' lives together! You know who to look for 😊

What's Brewing for July

July Events 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
ROADSHOW: BUONA VISTA MRT						
8	HOME TEAM ACADEMY	9	BARCLAYS DRIVE	10	11	12
ROADSHOW: JEM SHOPPING MALL						
15	HWA CHONG INSTITUTION	16	SALESFORCE DRIVE	17	ITE EAST BALAAR	18
ROADSHOW: QUEENSWAY SHOPPING CENTRE						
19				19		20
						CHOA CHU EANG CC DRIVE
22	23	24	GRAB DRIVE	25	26	27
						PLAZA SINGAPURA FLASH MOB
29	ITE WEST CARNIVAL	30	ITE WEST CARNIVAL	31		

Have a lovely weekend ahead!

angela